



Living Later Life Well News

The latest activities and events on offer at Trinity Methodist Church for all members of the local community aged 60+.



Contact details:

Jo Marwood

**Community Outreach Manager
Living Later Life Well Project**

Phone: **07821 900623**

Email:

jo.marwood.bartontrinity@outlook.com

Facebook:

www.facebook.com/LivingLaterLifeWell

If you have an older friend, neighbour or family member who is feeling isolated and would appreciate contact to help them engage in community activities, please get in touch.

Please note: all activities require you to book in advance unless specified otherwise. Sessions fill up very quickly so please get in touch as soon as possible if you would like to take part. Please only book for sessions you intend to come to.

Some activities have a 'suggested donation' attached to them. We are mindful that not everybody is able to donate, and all are welcome to attend regardless of whether they donate or not. Our priority is ensuring you can access activities that will enrich your life. If you are able to donate, this will help the project to continue into the future.

October/November 2025

As we move towards darker evenings and cooler weather, we're stepping up our activities at the Living Later Life Well project. There's plenty of opportunity to take advantage of the daylight hours with new activities and a chance to meet new people and socialise.

It seems a little early to be planning festive events (although there are lots of Christmassy things in the local supermarkets already!), but we have activities galore from bauble decorating to wreath making. Our annual shopping trip to Brigg Garden Centre and a festive group lunch is always popular, so come and join us!

Local artist Peter Wood is also back with us, delivering another series of drawing/painting classes, perfect for your home or giving as a gift.

Our regular weekly activities carry on as normal, and we've plenty of space for new faces at our Monday Coffee Morning, Wednesday Games Afternoon, Wednesday Silver Singers Choir and Friday Chair Exercise. You don't need to book onto any of these, so turn up and give it a go. I guarantee friendly faces, and a warm welcome awaits you.

Shopping and festive meal at Brigg Garden Centre!

Wednesday 19th November
Coach departs 10.00am, returns for 3.00pm (meeting point outside Barton Fire Station, Holydyke)

£15.00 suggested donation, includes two course meal and tea/coffee

Join us for our annual festive shopping trip to Brigg Garden Centre, which is full of Christmas decorations, plants, homewares, food, cards and gifts. We will also be enjoying a two-course festive meal together, followed by tea/coffee. Menu options must be ordered when you book (please let us know of any allergies/dietary requirements) – the menu is on the last page of this newsletter. **Booking is essential as places are limited.**



Regular activities at Trinity Methodist Church

Here is an overview of our 'regular activities' (although we also run one-off sessions) – if you'd like any information on these, please get in touch.

Monday:

Coffee Morning,
10.30am – 12.00pm

Tuesday:

Chair Exercise, 10.30am-11.30am

Yoga, 1.00pm-2.00pm

Grief Café (second & fourth Tues of the month), 1.30pm-3.00pm

Pilates, 2.30pm-3.15pm

Wednesday:

Coffee Morning,
10.30am-12.00pm

Silver Singers Choir,
1.00pm-2.00pm

Board Games/Table Tennis,
1.30pm-3.00pm

Thursday:

Guitar Club, 10.00am-11.00am & 11.15am-12.15pm

Book Club (first Thurs of the month), 2.00pm-3.00pm

Older Persons' Lunch (last Thurs of the month), 12.00pm

Friday:

Chair Exercise, 11.30am – 12.30pm

Saturday:

Coffee Morning (& book sale monthly), 10.00am-11.30am

New Age Kurling (fortnightly), 2.00pm

Sunday

Trinity Sunday Service and refreshments, 10.00am

Make your own Linocut Christmas Cards

Monday 3rd November or Monday 10th November
10.00am – 1.00pm
£5.00 suggested donation

Join Lucy (also known as 'The Humber Printmaker') for a morning of creativity, where you will create a set of your own festive card prints.

In this session you will be guided step-by-step to create your own unique print. You will transfer the image onto lino, then use specialist tools to carve your design before printing onto paper. You can bring an image of your own to copy from, or be inspired by a selection of images that Lucy will provide on the day.

No experience is necessary, and refreshments are provided. **Booking is essential as spaces are limited.**



Last Live Music and Lunch of 2025!

Monday 17th November
10.30am – 12.30pm
£5.00 suggested donation, includes lunch



Join us for a fabulous 'live music and lunch' mornings, where we welcome regional performers for an hour of live music, followed by a lunch of sandwiches, sausage rolls and homemade cakes courtesy of the Trinity Catering Team volunteers.

For our last session of the year, we're welcoming Steppin' Out, a dynamic jazz trio from Leeds featuring Harry Orme (guitar/voice), Simon Czystochowski (trumpet) and Tom Hawthorn (drums). With a repertoire spanning the birth of the music in New Orleans, the golden eras of Billie Holiday and Ella Fitzgerald, and the swinging big band music of Ellington, Sinatra and Basie, Steppin' Out draw on a deep knowledge and passion for the music to connect with every audience.

Booking is essential as spaces are limited – please confirm any dietary requirements when you book.

Free Carbon Monoxide Detectors

As we get towards the time of year where we turn the heating on, or light the fire, please check that you have a working Carbon Monoxide Detector in your home. If you don't, collect one for free at Trinity Methodist Church. It could save your life.

Carbon Monoxide is a colourless, odourless, poisonous gas that you can't see, hear, smell or taste. It can be produced by anything that burns carbon-based fuels, including gas, oil, wood, coal, petrol or diesel. That could be your cooker, boiler, wood burner or fire.

Get in touch via the details on the front page, or pop in to collect your detector.

Painting & Drawing classes with Peter Wood

Monday 20th October - Perspective and Scale (drawing session)

Monday 27th October - Line and Shading (drawing session)

Monday 3rd and 10th November - Horse at Sunset (acrylic)

Monday 17th November - Sunflowers (acrylic, single session)

Monday 24th November and 1st December – 3D Poppies, (acrylics & tissue paper)

Monday 8th December - Cockerel (watercolour, single session)

**Each session 9.30am – 12.30pm
£10.00 suggested donation per day,
including all materials and refreshments**

Local artist Peter Wood is back delivering a range of drawing and painting classes. He will guide you to create your own unique artwork, exploring different mediums and techniques.

Sessions involve pencil drawing, then using the chosen medium to add detail and complete your work. Your work will be ready to take home on the same day (two-day sessions are larger, more in-depth pieces).

All abilities are welcome to improve your artistic skills and learn something new.

**Booking is essential as spaces are limited.
Please specify which sessions you'd like to attend, or come to them all!**



Come and make a festive wreath!

**Monday 24th November
9.30am – 12.30pm
£10.00 suggested donation**

A relaxing morning creating your own beautiful festive wreath, using fresh greenery and ornamental items. Hang it on your front door, or give it as a gift, and it'll last through the festive season and into early 2026!

Please bring a pair of gardening gloves if you have them, to protect your hands. Tea/coffee and biscuits will be provided.

Booking is essential as space is limited.



Ceramic bauble decorating class

**Thursday 4th December
10.00am – 12.00pm
£5.00 suggested donation**

Make your own beautiful keepsake festive bauble using paints or paint pens in a range of colours.

You will be able to choose from a traditional sphere bauble or a flat disc (both in ceramic) which you can decorate to your heart's content! Use your imagination or follow some of the examples provided.

All materials and refreshments included. **Booking is essential as places are limited.**



Friday Chair Exercise time change

**Every Friday
11.30am – 12.30pm
£2.00 suggested donation**

You asked, we listened! As the darker nights are drawing in, we have moved our Friday Chair Exercise class to a late morning slot. It's the same lovely class with gentle exercise and stretches to music, just in the morning!

If you fancy joining us on a Friday, we've plenty of space – there's around 45 minutes of exercise followed by tea/coffee, biscuits and chat. We're a friendly group led by volunteer instructor Chrissy. Exercises are tailored to all abilities, and it's a great way to improve your overall fitness and have some fun!

Booking not required – just turn up (you will be asked to complete a brief Registration Form at your first session).



Donation 'Thank You'

A heartfelt thank you to the families of both Paul Pearson, and Bernard Muller, who have recently given generous donations to the Living Later Life Well project in their memories.

Sourcing funding for charity projects like ours can be very difficult, so donations like these make a huge difference to the activities and support we can offer to older people living in the local community. We are very grateful and touched that people think of our project when planning the funeral of someone they love.

A fitting tribute to both of these gentlemen is the knowledge that we can use this money to enrich the lives of older people living in Barton and the surrounding villages, helping people to feel connected to each other and their community. We will be planning a range of activities in the near future using these donations, which is particularly helpful during the winter period which can be a difficult and isolating time for many older people.

I hope as you read this, you will reflect on the varying ways that being part of our project brightens your week and will think of the people that give us the funds to make these things happen.



Brigg Garden Centre Christmas Meal options

Please contact Jo on 07821 900623, email jo.marwood.bartontrinity@outlook.com or pop in to book your place on our festive trip to Brigg Garden Centre and pre-order your meal. Once you have ordered, we are unable to alter this so please be certain of your choice!

Choose a Main Course and Festive Dessert from the options below. If you have any allergies or dietary requirements, please confirm this at booking.

Main Course options

(all meals served with mashed potatoes, thyme and rosemary roasted potatoes, garden peas, honey-roast parsnips, tarragon-roasted carrots, buttered Brussels sprouts, and cauliflower cheese)

- Slow Roasted Beef with homemade Yorkshire Pudding
- Roast Turkey with sage, cranberry and onion stuffing and a pig in blanket
- Haddock Mornay on a bed of spinach, topped with a creamy cheese sauce
- Root Vegetable Wellington encased in puff pastry and served with vegetarian gravy

Festive Dessert options

- Christmas Pudding with a brandy and vanilla sauce
- Chocolate and Sour Cherry Roulade served with pouring cream
- Cinnamon Swirl Cheesecake served with pouring cream
- Lemon Tart served with pouring cream

